



## Gegrillte Bratwurst (Grilled Bratwurst)

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce beer canned
- 6 bratwurst
- 1 medium onion chopped
- 6 peppercorns (quantity optional)
- 6 portugese rolls hard

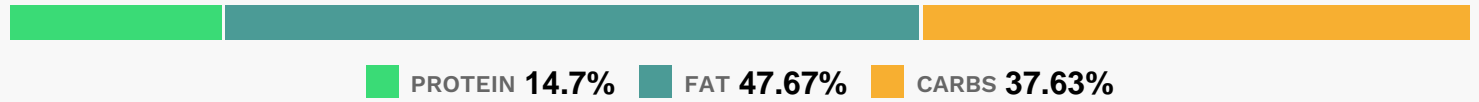
### Equipment

- sauce pan
- grill

# Directions

- Place bratwursts, beer, onion, peppercorns, and cloves, optional in a 3-quart saucepan. Simmer for 10 minutes, drain.
- Grill bratwursts 2 to 5 inches from charcoal about 10 minutes, and sprinkle with water while browning to crisp skin.
- Serve in hard rolls with German style mustard.

# Nutrition Facts



# Properties

Glycemic Index:33.42, Glycemic Load:24.69, Inflammation Score:-3, Nutrition Score:10.743043540936%

# Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

# Nutrients (% of daily need)

Calories: 424.98kcal (21.25%), Fat: 21.49g (33.07%), Saturated Fat: 6.61g (41.31%), Carbohydrates: 38.19g (12.73%), Net Carbohydrates: 36.79g (13.38%), Sugar: 5.11g (5.68%), Cholesterol: 48.84mg (16.28%), Sodium: 853.9mg (37.13%), Alcohol: 2.21g (100%), Alcohol %: 1.32% (100%), Protein: 14.91g (29.82%), Iron: 11.06mg (61.44%), Selenium: 26.64µg (38.06%), Vitamin B1: 0.31mg (20.95%), Vitamin B3: 3.48mg (17.41%), Phosphorus: 150.69mg (15.07%), Zinc: 2.18mg (14.55%), Vitamin B6: 0.26mg (13.21%), Vitamin B2: 0.22mg (13.05%), Vitamin B12: 0.49µg (8.22%), Potassium: 273.08mg (7.8%), Fiber: 1.4g (5.61%), Vitamin B5: 0.49mg (4.87%), Vitamin D: 0.73µg (4.84%), Magnesium: 19.27mg (4.82%), Copper: 0.08mg (4%), Calcium: 31.8mg (3.18%), Manganese: 0.05mg (2.51%), Vitamin K: 2.48µg (2.36%), Folate: 8.88µg (2.22%), Vitamin C: 1.36mg (1.64%), Vitamin E: 0.18mg (1.18%)